



Qagan Tayagungin Tribe Environmental Department

Program Update

By: Karis Porcincula

Inside this issue:

Program Update	1
PSP Update	1
EDF/Green Walk	2
NALEMP Update	2
Cold & Flu Season	2
Bed Bugs	3
Litter Around Town	3
EYG Update	3
Dust Mites	4
Spring Time	4
Global Warming	4
E-Waste & Ink	5
QTT Council & Staff	5
Mold & Your Health	6

The Qagan Tayagungin Tribe Environmental Department has been working hard on their quarter 2 commitments for their IGAP work plan.

They have also been working on their cooperative agreement with NALEMP.



The Environmental staff have been clam digging each month to send out for testing. They are waiting on March results right now.

The Earth Day Fair is coming up quick. It takes place on Saturday, April 27, 2019 at the Qagan Tayagungin Tribe Community Center along with the Green Walk.

The Environmental Coordinator has been working with the US Army Corps of Engineers on the NALEMP Cooperative Agreement to remove the

military debris in the spit back trails. There will be more information on this project as it becomes available.

The Environmental Department is helping Dr. Bruce Wright in shellfish sampling by collecting mussels each week to send out for testing to determine when the algae blooms start and how long they last. We are hoping to find more information on this by doing this project.

There has been an abundant

amount of litter lining the sides of the roads and throughout the alders making our community look unhealthy.

The Environmental Department is still collecting electronic waste and ink cartridges. If you have any you would like to recycle, please contact us and arrange for a drop off time. If you are an elder or handicapped, you may also call us and we will pick it up. We are trying to send a load of electronics out this summer.

The graveyard clean up will be in planning soon, if you have any suggestions for this clean up, please contact us at the tribe by phone or email. We would like to hear any suggestions you may have.

Paralytic Shellfish Poisoning Update

By: Karis Porcincula

The Qagan Tayagungin Tribe Environmental Department has been digging clams every month from the Sand Point Spit Beach to send to the Environmental Health Laboratory for testing.

The February clam sample results came back at 140 micrograms and are over the FDA limit of 80 micrograms. These are unsafe PSP levels.

The Environmental staff sent out the March 20th clam sample was sent out and Environmental staff are waiting for the results.

The Qagan Tayagungin Tribe neither encourages nor discourages the consumption of the local shellfish, but provides this information for the community members to make an educated decision regarding shellfish consumption.



NUMBER OF MONTHS CLAMS HAVEN'T BEEN GOOD:

70 MONTHS

12th Annual Earth Day Fair & Green Walk

By: Karis Porcincula



The Qagan Tayagungin Tribe is hosting the 12th Annual Earth Day Fair and Green Walk on April 27, 2019 at the Qagan Tayagungin Tribe Community Center.

The Green Walk will start at 11:00am at the Qagan Tayagungin Tribe Community Center. Doors will open at 10:45am for bags and gloves for trash pick up.

The route for the Green Walk will still be the same. It will start at the Community Center, taking the trail up to the Sand Point Clinic, down the

steps to the post office and auto shop, taking the road back up to the Community Center.

Please leave your full bags on the side of the road for the Environmental Department to count how many bags were collected.

The Earth Day Fair will begin at 12:00pm and end at 3:00pm. There will be games, relay races, guessing games, food, light snacks, prizes, and the Earth Day Fair Raffle.

The Earth Day Fair will have

fun games such as: gold fish toss, plastic bottle ring toss, water jug bowling, pop can tab guessing game, plastic bottle lid guessing game, and more. There will also be relay races such as potato sack race, three-legged race and wheel barrel race.

We hope to see everyone there for trash pick up and some fun and games. The Earth Day Fair will end with the announcing of the poster contest winner and the raffle.

NALEMP Update

By: Karis Porcincula



Asbestos Removed

The Environmental Department has been working with the US Army Corps of Engineers on the Native American Lands Environmental Mitigation Project (NALEMP) in the Sand Point Spit Back-trails.

The first portion of the project was completed in early 2018, when the Qagan Tayagungin Tribe contracted with BGES Inc, who sent a team of people from their subcontractor, Geotek, came out and did some geophysical surveying

in a portion of the spit back-trails with some local help.

The geophysical survey shows the amount of scrap metal left in the back trails during World War II.

A test for asbestos had to be conducted due to the surveying team being concerned with the presence of asbestos in the covered bunker. Turns out, there was asbestos in the door seal. Bahaa Taei, from the Satori Group, came out and removed the asbestos and

sent it to Anchorage to be disposed of.

The next step of the project is to start taking down some of the scrap metal left from the water tanks and start breaking down the bunkers for the first stage of cleaning up the military debris in the back trails. The Qagan Tayagungin Tribe is looking to hire four people to help with the work in the back trails. For more information, check out the job postings.

Cold & Flu Season

By: Karis Porcincula



It is currently cold and flu season. It's that time of year where sicknesses have been going around town repeatedly and people have caught some sort of sickness every few weeks.

Some people have had the stomach flu, head colds, influenza A, bronchitis, strep throat, etc. Please make sure

to keep yourself, or if you have a sick child, home until the sickness has gone.

To prevent sickness or prevent spreading sicknesses, you should: wash your hands often (at least 20 seconds at a time), use hand sanitizer, make sure all surfaces are wiped down often (including, but not limited to; keyboards,

counters, door handles, phones, light switches, any thing with buttons, computer mouse, etc.), sneeze into tissue or arm, cover your mouth when coughing, or simply stay home and get better.

We hope everyone keeps well and enjoys the spring time.

Bed Bugs & Your Health

By: Karis Porcincula

Bed bugs are becoming more abundant in the state of Alaska and more places are finding that these pests are becoming more of an issue.

Bed bugs are a reddish brown color and roughly the size of an apple seed. They infest homes, hotels, and hospitals. Adult bed bugs are small, flat, oval-shaped and are a medium brown color and grow up to 7 mm in length. Baby bedbugs are roughly about 1.5mm in length and are often clear in color until after they have fed.

When looking for bed bugs in your home, your most important tool is a bright flash light. These bugs are tiny, check in dimly lit cracks, crevices, mattress seams, and/

or dark holes and nooks.

To get rid of bed bugs, start with vacuuming high-risk areas such as mattresses, box springs, bed frames, furniture, drawers, and floor near bed; which can help remove eggs and bugs both. Remove your vacuum bag immediately and dispose in a sealed plastic bag.

There are ten major places bed bugs like to hide: 1. Mattress and box spring seams, 2. bedsheets, 3. baseboards, 4. picture frames, 5. electrical outlet plugs, 6. behind loose wall paper, 7. luggage, 8. cracks in head boards or bed frames, 9. bedskirts, 10. upholstered furniture.

Some travel tips for hotel are:

pull back bed sheets to see if there are any signs of bed bugs, hang clothes in the closet instead of using drawers, thoroughly inspect luggage when you arrive home from your trip (if you are unsure, you can also place your luggage in the freezer to freeze any hitchhikers).

Please be aware of your surroundings and let others know if you find any bedbugs in your home.

If you would like more information on bed bugs, please visit:

<https://www.raid.com/en-us/expert-help/how-do-i-get-rid-of-bed-bugs>



Litter Around Town

By: Jasmine Maligaya

While driving down the road, there is an unbelievable amount of trash covering the sides of the roads and alders.

Litter is a form of environmental pollution, not only has it hurt the environment, but also our community and animals, as well.

Littering in our environment can damage areas where we live, work, and play. In our community, the litter makes our town look dirty and unpleasant.

Animals can get hurt by stepping on certain litter items, can get trapped, and poisoned.

To make our town look beautiful, please pick up trash and encourage people not to litter.

Let's make our community a better and more beautiful place.



Environmental Youth Group Update

By: Jasmine Maligaya

The Qagan Tayagungin Tribe's Environmental Assistant holds Environmental Youth Group every Friday at 3PM at the Boys and Girls Club up at the QTT Rec Center.

During this time, EYG has been participating in the Earth Day Poster Contest, discussing environmental issues in our community and how to make a difference, playing environmental board games

and doing fun environmental worksheets, discussing what other kind of friendly environmental activities they would like to do, and making plans/goals for this spring season.

EYG has been great with participating in all activities and discussing the environment.

The Environmental Assistant is working on updating the permission slip so she can

conduct more hands-on environmental activities, teaching the youth more about environmental education, and setting goals/challenges for the youth to accomplish each week. EYG would like to start taking small field trips outside the building to do more activities.



Dust Mites and Our Health

By: Jasmine Maligaya

Although, you may not want to know anything about dust mites, you should learn some facts. House dust mites are microscope bugs that primarily live on dead skin cells regularly shed from humans and their animal pets. They are generally harmless to most people and do not carry diseases, but can cause allergic reactions and asthma.

Several people sometimes confuse dust mites with bed bugs. A typical mattress can contain tens of thousands of dust mites. Nearly 100,000 mites can live in one square yard of carpet. A single mite produces about 20 waste droppings a day. Beds are a prime habitat.



The mites prefer warm, moist surroundings such as the inside of a mattress when people are on it. A favorite food is dander both from human and animal skin flakes. Dust mites can live anywhere in the house, such as window drapes, carpet, pillows, couches, etc. The protein substances in dust mite's feces produce antibodies in humans who are allergic when they inhale or touch the skin. Some symptoms include: hay fever, watering eyes, runny nose, sneezing, nasal congestion, infantile eczema, and in a child frequent running of the nose.

Adult females lay up to 40 to 80 eggs singly, or in small groups of three to five. After

eggs hatch, a six legged larva emerges. After the first molt, an eight legged nymph appears. After two nymph stages occur and eight legged emerges. The life circle from egg to adult is about one month with the adult living an additional one to three months.

To reduce dust mites, you can encase mattresses, wash bedding often, avoid down pillows or blankets, install hardwood flooring, if you have carpet, vacuum often, and use a damp or wet cloth to remove dust.

For more information, visit: <https://www.health.harvard.edu/healthbeat/control-dust-mites-control-allergy-symptoms>

Spring Time Weather

By: Jasmine Maligaya

Spring is here, but the weather has been changing rapidly as it usually does during this time of year.

Although it may seem to appear to be a nice day with the sun out, it still can be cold.

Please remember to dress warm for outdoor occasions. Our community on the Aleutian Chain is surrounded by

water and is subject to many weather changes during the day.

Past weather changes in Sand Point included snow, rain, hail, sunshine, and wind all in one day, or nice and warm on day, then the next day would be rain/snow.

To prevent being sick due to our extensive weather, dress

appropriately for the weather by wearing a jacket, scarf, gloves, boots, and a hat.

This is the time of year where sicknesses are thrust throughout our community. Take precautions when heading outdoors for hiking or other fun activities.

Dress warm and keep safe.



Global Warming

By: Jasmine Maligaya

Global warming is also known as climate change. It is a serious environmental concern. Global warming is divided into two categories; natural and human influences.

Natural causes of global warming is the rotation of the sun, which changes the intensity of the sunlight. Greenhouse gases and volcanic eruption are also natural causes.

Human influences on global

warming are industrial revolution, mining, and deforestation.

Signs of global warming are: heat waves, droughts, heavy rainfall with floods, heavy snowfall, ocean acidification, and species extinction; due to shifting temperature regimes.

Some solutions to help with global warming are to reduce emissions, recycling, decrease open burning, and deforestation.

If you would like more information on global warming, please visit:

<https://cli-matechange.earthscienceconferences.com/events-list/global-warming-and-its-effects>



Electronic Waste Update

By: Karis Porcincula

The Qagan Tayagungin Tribe Environmental Department still collects electronic waste such as: computers and monitors, TV's, printers, copiers, phones, cell phones, mp3 players, tablets, fax machines, fitness trackers, laptops, back up battery surge protectors, and more. If you have any electronic waste you want to get rid of, you can give the

Environmental office a call at: (907)383-6968 to arrange a time to drop it off at the QTT Terminal. If you are an elder or handicapped, you can also give us a call at the Environmental Department and we will arrange a time to pick up your electronic. Help us keep all the electronic waste out of the landfill!



Ink Cartridges

By: Karis Porcincula

The Qagan Tayagungin Tribe Environmental Department still recycles ink cartridges.

If you have any used ink cartridges, please drop them off to the QTT Environmental office for recycling.

We take ink cartridges, toner cartridges, waste toner cartridges, and cartridge drums.

Qagan Tayagungin Tribal Council & Staff

Tribal Council

David O. Osterback
President, Seat E

Dennis Gundersen
Vice-President, Seat B

Glen Gardner Jr.
Secretary/Treasurer, Seat D

Peter Devine Jr.
Council Member, Seat A

Alvin Osterback Jr.
Council Member, Seat C

Jason Bjornstad
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Environmental Assistant

Carmen Holmberg
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Cynthina Innocenti
Janitor

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Maintenance

Mold and Health

By: Karis Porcincula

What is mold? Mold is a fungi which can be found both indoors and outdoors. There is no absolute known facts of how many species of fungi exist but estimates range from tens of thousands to perhaps three hundred thousand or more. Molds grow best in warm, damp, and humid conditions, and spread and reproduce by making spores. Mold spores can survive harsh environmental conditions, such as dry conditions, that do not support normal mold growth.

Common indoor molds are cladosporium, penicillium, Alternaria, and aspergillus.

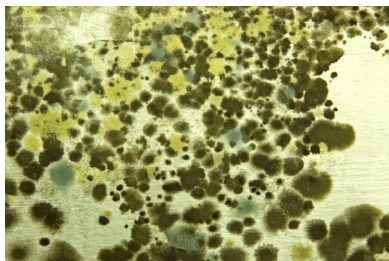
Molds are found in just about every environment and can be detected, both indoors and outdoors, year round. Mold growth is encouraged by warm

and humid conditions. Outdoors they can be found in shady, damp areas or places where leaves or other vegetation is decomposing. Indoors they can be found where humidity levels are high, such as basements or bathrooms.

Mold affects people in various ways. Some people are very sensitive to molds. For those people, being exposed to molds can lead symptoms such as stuffy nose, wheezing, and red itchy eyes, or skin. Some people, such as those with allergies to molds or with asthma, may have more intense reac-

tions. More severe reactions may include fever and shortness of breath.

People with a weakened immune system, such as people receiving treatment for cancers, people who have had an



organ or stem cell transplant, and people taking medicines that weaken the immune system, are more likely to get

infections from mold. Those exposed to mold or dampness may also develop asthma.

A great way to decrease mold exposure is to check all faucets and drains that could have a leak. If there is a leak, fix the leak and clean the mold. Mold

growth can be removed from hard surfaces with commercial products such as: soap and water or a bleach solution of 1 cup of laundry bleach in 1 gallon of water.

If you choose to use bleach to clean up mold, make sure to never mix bleach with ammonia, open windows and doors to provide fresh air, wear rubber gloves and goggles during clean up, and always follow the manufactures instructions when using bleach or any other cleaning products.

Make sure to protect yourself and your family from mold.

For more information, please visit:

<https://www.cdc.gov/mold/faqs.htm#mold>

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